



## An Easy Way to Understand Herpes (Paperback)

By Brian B Jacques

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Herpes is a virus that affects most people. Herpes Simplex virus is usually the cause of cold sores around the mouth. Genital herpes is a virus that is found in the genital area of both men and women. Herpes zoster virus is probably better known as shingles which affects the elderly. Chickenpox which is usually associated with a childhood infection is the virus that is implicated in shingles. Amazingly, it remains dormant for years until a person is older, then it decides for reasons best known to itself to become active again. There is no cure for a herpes viral infection. Once you have got it, you have got it for life. The best way to stop a re-occurrence of the infection is to make sure that your immune system is always operating at peak efficiency. Other things you can do are make sure you do not suffer from stress, go out in the sun without adequate sun protection-especially around your lips. Eat as natural a diet as possible by incorporating all the various food groups. You can do this by buying...

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